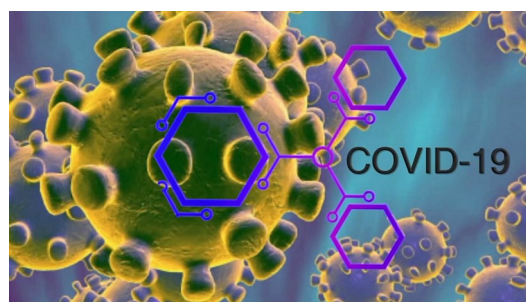


Warwickshire Eating and Drinking for Health Group

The COVID edition

This edition of food news focusses on good food and good health while we are still in lock down or dealing with the symptoms of COVID 19



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Food News

is produced by Warwickshire Eating and Drinking for health Group. (WEDH).

WEDH is a multi-agency partnership offering people who use food projects to

promote health the opportunity to meet to learn from each other.

The group meets four times a year in different locations across Warwickshire. If

you would like to attend a meeting, please contact the editor. Details on the back page.



Truth or Myth

There have been a lot of stories and articles suggesting that you can reduce your risk of getting COVID 19 by changing what you eat. Is there any truth to this?

While there is no diet to prevent Coronavirus, good nutrition is crucial for health, particularly in times when the immune system might need to fight back.

Limited access to fresh foods may compromise opportunities to continue eating a healthy and varied diet. It can also potentially lead to an increased

consumption of highly processed foods, which tend to be high in saturated fats, sugars and salt.

Nonetheless, even with few and limited ingredients, one can continue eating a diet that supports good health. (See social media section)

What can you
eat to prevent
COVID 19

Food hygiene essentials

The virus can be spread through contact so this is why it is so important to follow safe food handling practices .

The key principles of good food hygiene are:

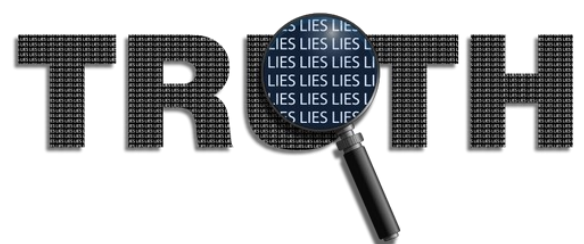
- keep your hands, kitchen and utensils clean. Wash hands and utensils with hot soapy water.
- separate raw and cooked food, especially raw meat and fresh

produce

- cook your food thoroughly
- keep your food at safe temperatures, either below 5 ° C or above 60 °C

You will find full details at

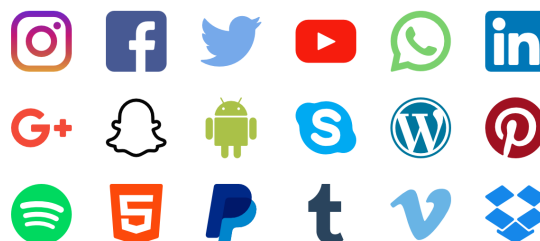
<https://www.food.gov.uk/food-safety>



Social Media Know-how

At this time, we're busier than ever, with food often being an afterthought. It's also harder than before to buy what we need, so now is a good time for us to use those long forgotten ingredients in the back of our store cupboards.

With lots of our favorite restaurants closed, we're also having to rely on improving on our own cooking abilities to see us through this time. Luckily this month's edition of Social Media Know How aims to make this easier!



How can we use social media to help us have a varied, interesting and nutritious diet?

Instagram is a useful tool if you look in the right places! Lots of restaurants have released their most loved recipes online too (Like Wagamamas' Katsu Curry and Pret a Manger's dark chocolate and almond vegan cookies!), to inspire people to get creative!

Try following these pages for recipes and some useful information:



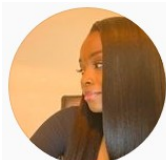
@bdapublichealthnutrition was created by dietitians who are members of the specialist Public Health group. They've been using their page to share recipes, mostly made using store cupboard ingredients!



@anjanee.dietitian currently works at our trust in the community, with children and adults. She shares easy to follow recipes (lots of them influenced by her Punjabi background) alongside sharing what she's learnt since becoming a dietitian!



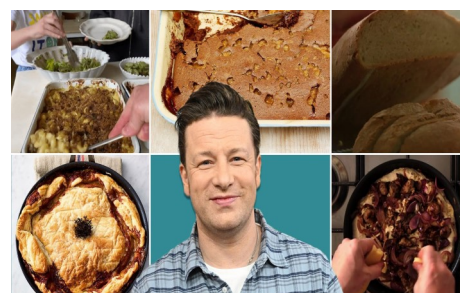
@breadaheadbakery are a London-based bakery who have created a global baking community! They've been doing daily live bake-alongs (at 2pm!) sharing the basics of baking. Very handy if you're running out of bread!



@taitalksnutrition is a Freelance and Research dietitian who shares useful infographics! One of her most recent posts shares how to spot bad or fake dietary advice, which is rife in social media!

What's on TV?

Cooks and bloggers are doing their bit to inspire us to get the most of our kitchen, without having to break the bank. We're loving Jamie Oliver's "Keep Cooking and Carry On" at the moment!



He's been sharing some tips and tricks to make delicious foods whilst still being conscious of the unique times we're living in.

Jamie creates easy, quick recipes with ingredients that can easily be swapped based on what you have in the cupboard. Recipes include fresh tagliatelle, veggie chilli, bread and even how to make your own salad dressings from 2 ingredients!



P.S. We're on Twitter! If you're not already, we'd be really grateful if you could follow us for regular updates of what the dietitians are doing!

@DietitiansSwift

Using foods from your cupboard

Fruits and vegetables are a good source of antioxidants, vitamins and minerals. We should aim for at least 5 portions per day.

- Carrots, cabbage, broccoli and cauliflower are relatively non-perishable options as well as oranges, grapefruit and apples. Store in a cool dry place.
- Garlic, ginger and onions can be used to add flavour to a variety of meals
- All frozen fruits are great options, as they still contain high levels of fibre and vitamins and are often less expensive than the fresh versions. These frozen fruits can be added to juices, smoothies or porridge.
- Canned vegetables such as mushrooms, spinach, peas, tomatoes and green beans are good alternatives with a longer shelf life as well. Remember to choose, when possible, options with low or no added salt.

Proteins are essential for growth and repair of the body and maintenance of good health.

- Beans, chickpeas, lentils and other pulses are great sources of vegetable protein, fibre, vitamins and minerals. These are also rather versatile and can be used for stews, soups, spreads and salads.
- Canned tuna, sardines and other fish are good sources of protein and healthy fats. These can make a healthy addition to salads, pastas or whole grain breads.
- Eggs are a great source of protein and nutrients and are incredibly versatile as well

Snack wisely

If you are stuck indoors, there may be a temptation to snack more. There is a lot on social media at the moment about people putting on loads of weight as they snack more. While eating a whole family sized bag of crisps in one go, or drinking 2 litres of full sugar cola might seem a good idea at the time, it doesn't do any good in the long term. Snacks can provide valuable nutrients such as vitamins, minerals, protein and fibre so here is our list of some healthier choices

Healthy snack ideas

Carrot, cucumber or celery sticks with cottage cheese, salsa or hummus
Frozen fruit slices—eat off a stick like an iced lolly
Slice of toast with sliced banana and a little honey or thinly spread nut butter
A handful of nuts
A boiled egg
A tablespoon of nut and seed mix on top of low-fat yoghurt
Slices of apple spread with peanut butter
Air popped popcorn

What's in Season?

Here is a list of what fruit and veg are in season this April

Fruit

Rhubarb



Vegetables

Artichoke, Beetroot, Cabbage, Carrots, Chicory, New Potatoes, Kale, Morel Mushrooms, Parsnips, Radishes, Rocket, Sorrel, Spinach, Spring Greens, Spring Onions, Watercress.

BBC good food has 45 recipes for rhubarb. This one is pork chops with rhubarb and grains. Search their site for ideas for using cupboard ingredients, and watch Saturday Kitchen where they cook dishes using the most searched for ingredients.

Getting help with food

If you and your family, or the people you work with are having problems affording to eat at this time or can't get out to shop, Warwickshire County Council have produced information on what is available to help. To

see this information go to: <https://www.warwickshire.gov.uk/information-coronavirus/coronavirus-food-supply-advice/1>

Information about eating and drinking for people with COVID symptoms

When you have an infection or an illness that affects your breathing such as COVID 19, your body will need more fluid, protein and calories than usual. And this is a time where you may have lost your sense of taste, or just have no appetite.

Warwickshire Dietetic Service has produced some information sheets to help during the infection and to help you recover.

If you have lost weight or muscle, you will need to eat more to recover more quickly and to ensure you stay healthy.

Making your diet more nourishing gives simple advice on how to eat more protein and calories. There are also leaflets on nourishing meals and snacks to give you more ideas of what to eat.

For people who have gone off food and only feel like drinking, nourishing drinks gives recipes and ideas of how you can have a high protein, high calorie intake using just fluids.

This information is on the SWFT out of hospitals, dietetic web pages, in the patient resources section.



Warwickshire eating and drinking for health group.

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If you have an interest in food, hydration and health, and would like to join the eating and drinking for health group, please contact the editor.

If you would like more information about any of the articles in this newsletter, please contact the editor who will pass this on to the author of the article.

Useful web sites

Public Health Warwickshire have produced information about exercise and mental health during the lock down. These are attached.

References and further information

Food Standards Agency

<https://www.food.gov.uk/food-safety>

For Food and COVID information sheets and care home pack

<https://www.swft.nhs.uk/our-services/adults-out-hospital-services/dietetics>

Warwickshire CC access to food

<https://www.warwickshire.gov.uk/information-coronavirus/coronavirus-food-supply-advice/1>

British Dietetic Association Fact sheets

<https://www.bda.uk.com/food-health/food-facts.html>

BBC Good Food

<https://www.bbcgoodfood.com/recipes/collection/rhubarb>